invention is not so limited but covers various obvious modifications and equivalent arrangements, which fall within the purview of the appended claims. Although features of the invention are expressed in certain combinations among the claims, it is contemplated that these features can be arranged in any combination and order.

1. A method comprising facilitating a processing of and/or processing (1) data and/or (2) information and/or (3) at least one signal, the (1) data and/or (2) information and/or (3) at least one signal based, at least in part, on the following:

an initiation of at least one content update request based, at least in part, on a first update frequency; and

at least one determination of at least one result of the at least one content update request; and

an adjustment of the first update frequency to a second update frequency based, at least in part, on the at least one result.

2. A method of claim **1**, wherein the at least one user interface element includes, at least in part, computer code data, the method further comprising:

at least one determination that the at least one result indicates, at least in part, that at least one content update is available; and

at least one determination of the adjustment so that the second update frequency is greater than the first update frequency.

3. A method of claim **2**, wherein the (1) data and/or (2) information and/or (3) at least one signal are further based, at least in part, on the following:

at least one determination that the at least one result indicates, at least in part, that at least one content update is not available; and

at least one determination of the adjustment so that the second update frequency is less than the first update frequency.

4. A method of claim **1**, the at least one result indicates, at least in part, one or more updated content items, and wherein the (1) data and/or (2) information and/or (3) at least one signal are further based, at least in part, on the following:

a processing and/or a facilitating a processing of the one or more updated content items to determine one or more measures of user interest associated with the one or more updated content items; and

at least one determination of the second update frequency based, at least in part, on the one or more measures of user interest.

5. A method of claim **1**, wherein the (1) data and/or (2) information and/or (3) at least one signal are further based, at least in part, on the following:

at least one determination of user actions in relation to the one or more updated content items,

wherein the one or more measures of user interest are based, at least in part, on the user actions in relation to the one or more updated content items.

6. A method of claim **1**, wherein the (1) data and/or (2) information and/or (3) at least one signal are further based, at least in part, on the following:

at least one determination of one or more parameters regarding the substance of the one or more updated content data; and

at least one determination of one or more selections of the one or more parameters,

at least one determination of the first update frequency, the second update frequency, or a combination thereof based, at least in part, on the one or more selections

7. A method of claim **6**, wherein the (1) data and/or (2) information and/or (3) at least one signal are further based, at least in part, on the following:

at least one determination of the one or more parameters with respect to one or more user accounts, one or more applications, one or more services, or a combination thereof; and

causing, at least in part, the adjustment respective of the one or more user accounts, one or more applications, one or more services, or a combination thereof.

8. A method of claim **1**, wherein the (1) data and/or (2) information and/or (3) at least one signal are further based, at least in part, on the following:

at least one determination of sensor information associated with one or more devices; and

a causing, at least in part, of the adjustment based, at least in part, on the sensor information,

wherein the sensor information includes contextual sensor information.

9. A method of claim **1**, wherein the (1) data and/or (2) information and/or (3) at least one signal are further based, at least in part, on the following:

a presentation of a graphical representation of the first update frequency, the second update frequency, or a combination thereof; and

at least one determination of a prompt to override the first update frequency based, at least in part, on one or more user interactions with the graphical representation of the first update frequency.

10. A method of claim **1**, wherein the (1) data and/or (2) information and/or (3) at least one signal are further based, at least in part, on the following:

at least one determination of one or more updated content items, wherein the one or more content items include one or more comments, one or more postings, one or more notes, one or more sharing actions, or a combination thereof in relation to shared content, and

wherein the one or more adjustments include extending the time interval, shortening the time interval, or a combination thereof.

11. An apparatus comprising:

at least one processor; and

at least one memory including computer program code for one or more programs,

the at least one memory and the computer program code configured to, with the at least one processor, cause the apparatus to perform at least the following,

cause, at least in part, an initiation of at least one content update request based, at least in part, on a first update frequency;

determine at least one result of the at least one content update request; and

cause, at least in part, an adjustment of the first update frequency to a second update frequency based, at least in part, on the at least one result.

12. An apparatus of claim **11**, wherein the apparatus is further caused to:

determine that the at least one result indicates, at least in part, that at least one content update is available; and

determine the adjustment so that the second update frequency is greater than the first update frequency.